

HEALTHY RECIPES
CITRUS SEARED SALMON

By Mayo Clinic Staff



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Dietitian's tip:

This citrus sauce is also tasty on sea scallops. It can be kept in the refrigerator for up to 7 days.

Number of servings

Serves 4

Ingredients

- 4 (4-ounce) salmon fillets, trimmed and skinned
- 1 teaspoon cumin
- 1 teaspoon orange zest
- 1/4 teaspoon kosher salt
- 1/4 cup orange juice
- 1/4 cup apple juice
- 1 tablespoon Dijon mustard
- 2 teaspoons honey
- 1 teaspoon ground black pepper
- 1 tablespoon olive oil
- 1 tablespoon water
- 1 teaspoon cornstarch

Directions

Heat a nonstick sauté pan to medium-high heat.

Place the salmon fillets skin side down on a plate and season with cumin, orange zest and salt. In a medium bowl, combine the orange juice, apple juice, mustard, honey and black pepper. Add the olive oil to the heated sauté pan. Place the salmon in the pan, seasoned side down. Cook for approximately 2 minutes, flip, and cook another 2 minutes or until an internal temperature of 145 F is reached.

Remove salmon from the pan and set aside; cover. Add the juice mixture to the sauté pan. In a small bowl, combine the water and cornstarch to make a slurry. Slowly whisk the slurry into the juice mixture, continuing to whisk until the desired thickness is reached. Drizzle the sauce over the salmon and serve.

Nutritional analysis per serving

Serving size: 4 ounces

| | | | |
|---------------------|-------|--------------------|--------|
| Calories | 160 | Sodium | 282 mg |
| Total fat | 16 g | Total carbohydrate | 8 g |
| Saturated fat | 3 g | Dietary fiber | 0 g |
| Trans fat | 0 g | Total sugars | 6 g |
| Monounsaturated fat | 3 g | Protein | 22 g |
| Cholesterol | 65 mg | | |

Nutritional analysis per serving

Serving size: 1 burrito

| | | | |
|--------------------|--------|---------------------|------|
| Total carbohydrate | 40 g | Cholesterol | 1 mg |
| Dietary fiber | 11 g | Protein | 15 g |
| Sodium | 629 mg | Monounsaturated fat | 1 g |
| Saturated fat | 1 g | Calories | 256 |
| Total fat | 4 g | Added sugars | 0 g |
| Trans fat | 0 g | | |

DASH Eating Plan Servings [^](#)

Grains and grain products 1

Meats, poultry and fish 1

Vegetables 2

[DASH recommended servings](#)

[Sample DASH menus](#)

Mayo Clinic Healthy Weight Pyramid Servings [^](#)

Protein and dairy 1/2

Vegetables 2

Carbohydrates 2

[Sample menu](#)

Diabetes Meal Plan Choices [^](#)

Meat and meat substitutes 1

Nonstarchy vegetables 2

Starches 2